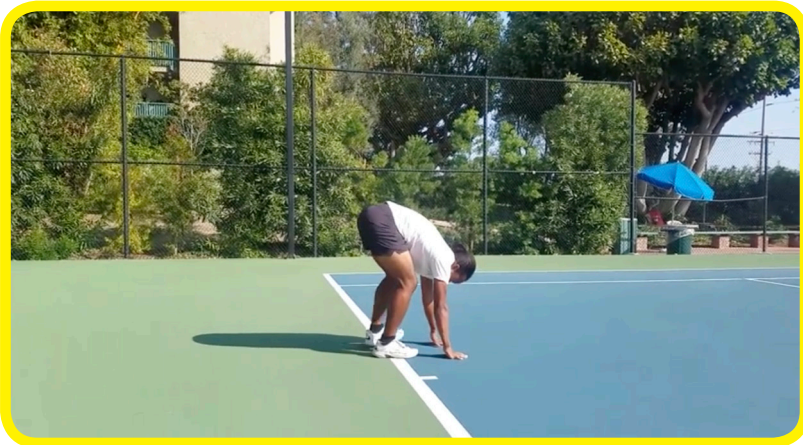


# PHASE II

## DYNAMIC STRETCH



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# INCH WORM

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# INVERTED HAMSTRING

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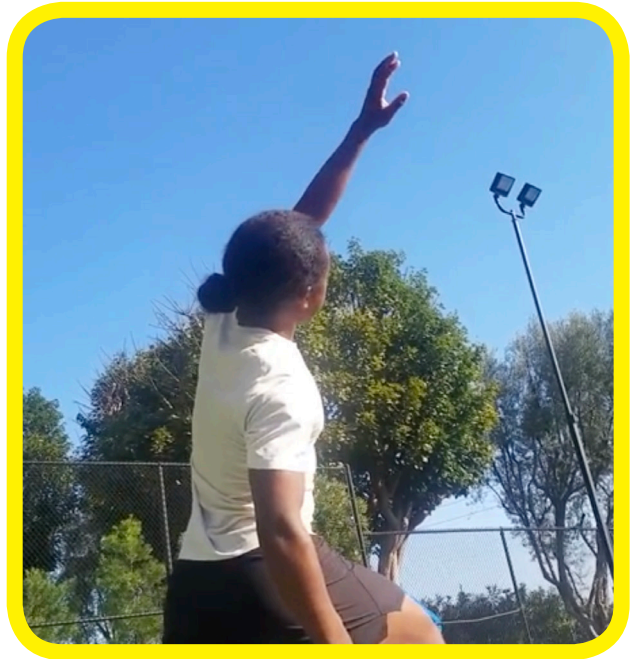
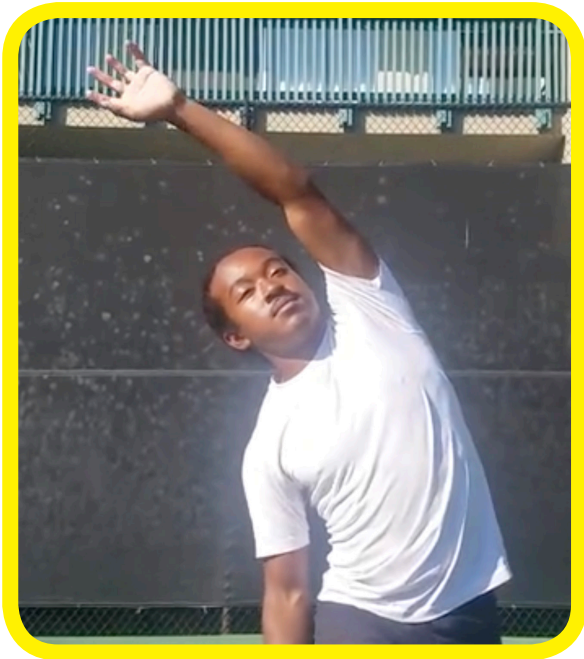
# LOW SIDE TO SIDE LUNGE

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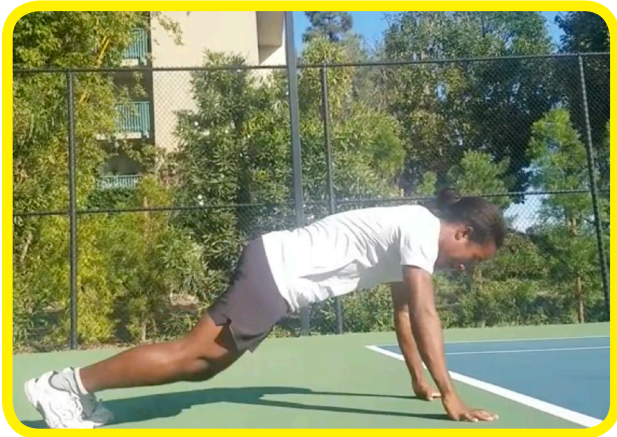


**REVERSE  
LUNGE  
+  
BACKWARD  
REACH**

**5/14**



**LUNGE  
+  
SIDE  
BEND**



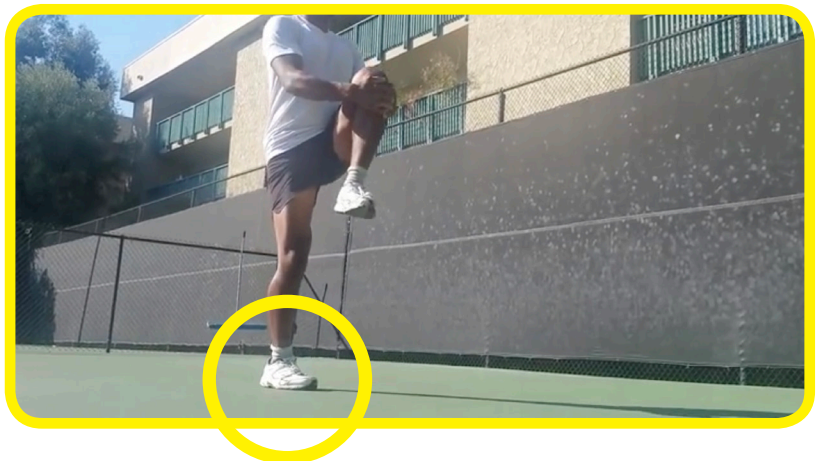
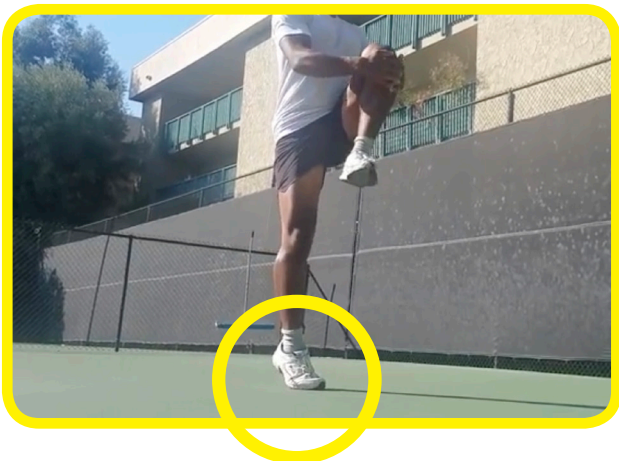
# BURPEES

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**WALKING  
HIGH  
KNEES**

**8/14**





**WALKING  
HIGH  
KNEES**

**9/14**





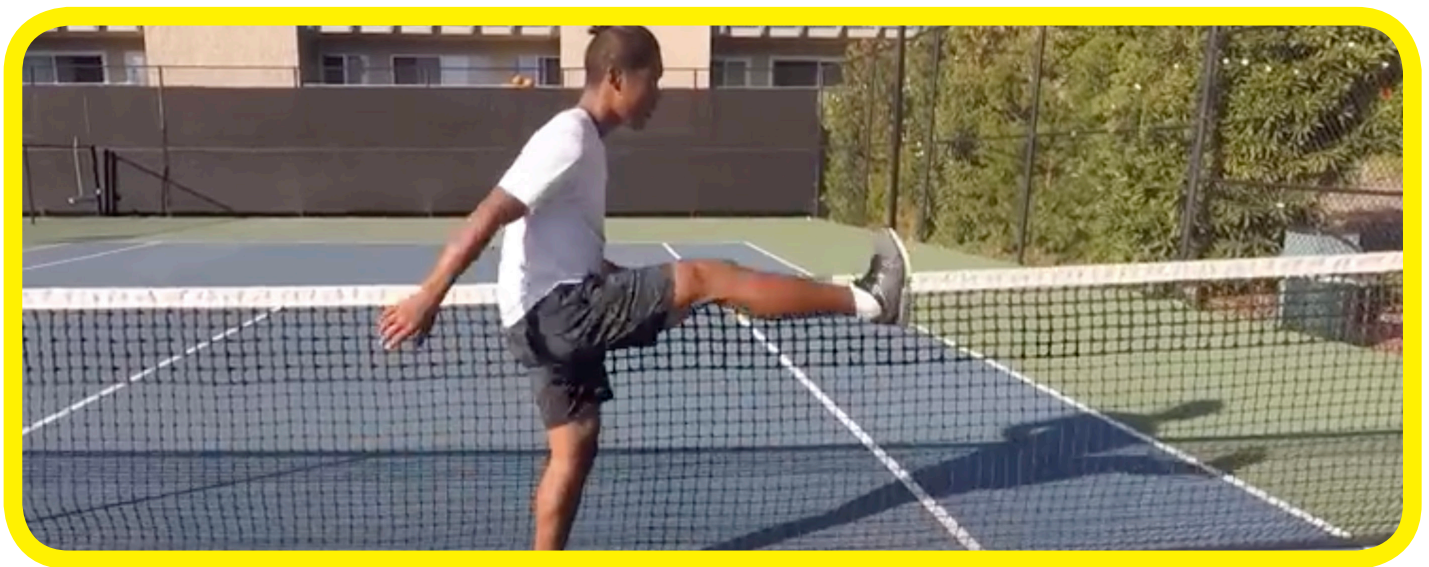
11/14







**14/14**



**THE END**